**Communicating With Your Partner about Sex!**

The hottest, safest, and most mutually fulfilling sex requires honest and open dialogue! Here are some tips:

* **Value your own pleasure, safety, security, and fun.** Setting boundaries and asking for what you want are not only not shameful, they're praiseworthy.
* **Just say no**. "No" is a powerful word. Use it and don't let yourself get bullied into relenting. Not interested in trying something? Don’t feel comfortable doing something your partner wants? Don’t do it! And don’t feel bad about it! It’s your sex life, and your body.
* **Be specific, and use examples**. Don’t just say, “What feels good to you,” ask about specific body parts, foreplay routines, or positions. You can also SHOW your partner what you mean!
* **Talk about sex when you're not having sex.** Talk about it in the car! On the couch! On a jog! Normalizing sex will make it easier to ask for what you want; and in a more casual situation (i.e. not naked in bed…) it can make the conversation more comfortable.
* **If something doesn't feel good, approach the situation positively.** Sex can be scary and uncomfortable for everyone! You can constantly change your desires and fantasies; if something isn’t working out, say so, nonjudgmentally. You and your partner will BOTH feel better with an improved approach.
* **Be a respectful and accepting partner.** Your partner may have questions, concerns, or suggestions too. Be open to learning!
* **Ask questions!** “Is there something you want to try that you haven’t tried before?” “Do you like it when I touch your XYZ like that? Should I go slower, faster or harder?” “What does it feel like when I do this?” “What fantasies turn you on the most?”
* **Have fun with it!** Talking about your sex life can be a turn on, and honest communication will only help make it better! Every time is an opportunity to learn.

**If you have had a sexual experience that you wish to talk about, here are some resources:**

**Confidential** (**Confidentiality** means that the support provider is prohibited from disclosing your identity or the substance of your conversation to the College, in the absence of imminent threat of harm to self or others.)

* MCAPS
* Student Health Center
* Clergy members at CUC Chaplain Office
* The EmPOWER Center
* Off-campus licensed professionals

**Private** (Responsible employees who are mandated reporters; information will only be shared on a need to know basis in order to provide support or assistance)

* President and her leadership team, faculty, all Student Affairs staff, RAs, Peer Mentor program co-leaders and team leaders, the Title IX team, coaches, and the registrar. If you are in doubt as to whether a member of the staff is a responsible employee, you may ask them before proceeding with the conversation.

See the Title IX website for more info: scrippscollege.edu/titleix

Talk to Angela Armijo, Certified Health Educator or a Peer Health Educator for more info!